perplexity

What kind of workout is this

The handwritten notes in the images are difficult to fully decipher due to the handwriting style and overlapping text, but there are some visible clues that can help infer the type of workout:

- The notes appear to list exercises, sets, reps, and possibly weights or times, which is typical of a strength training or bodybuilding workout log.
- There are numbers and exercise names (though many are hard to read), which is consistent with tracking progress in resistance training.
- Your memory indicates an interest in strength training, bodybuilding, and following trainers like Caglar Singletary, as well as an interest in IFBB competitions[1].

Based on these factors, this appears to be a handwritten log for a strength training or bodybuilding workout, likely tracking specific exercises, sets, and reps, possibly for progressive overload or competition prep[1]. The format and context do not suggest a cardio, HIIT, or martial arts-specific workout, but rather a structured resistance training regimen.

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1. sports.fitness